

## ABSTRACT

The present devices apply resistance force to a user's body in close simulation of the impact and resistive forces experienced in martial arts techniques and interactions to provides more effective muscle and neurological training of the user. The devices include a conformable grip that accepts  
5 a user's fist for directing resistive force in a distributed manner to the outside surface of the user's fist. Flexible straps extend from the side of the grip to be positioned, in use, on the sides of a user's arm. The straps are connected by additional cross-straps to allow for transfer of force to the user's forearm. The configuration of straps allows transfer of varying proportions of the resistive force to the fist, and separately, the forearm. A system for physical training includes a  
10 resistance device.